

BREAKFAST MONDAY, MAY 19

	SERVING SIZE	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTEROL (MG)
Monday					
Scrambled Eggs	1/2 cup	181	15	3.3	327
Salsa Roja	1 oz	10	0	0	0
Salsa Verde	1 oz	10	0	0	0
Cheddar Cheese	1 oz	110	10	6	30
Egg White Scramble with Caramelized Onion & Tomato	1/2 cup	119	8.4	2.7	11
Roasted Potatoes	1/2 cup	135	7.5	0.7	0
Impossible Sausage Patties	1 patty	110	7	2.5	0
Turkey Sausage Patties	1 patty	35	1.8	0.5	20
Baked Tofu, Roasted Vegetables with Stewed Cherry Tomato	1/2 cup	173	13.6	4.7	0
Oatmeal	1 cup	155	2.7	0.5	0
Daily					
Strawberry Yogurt	3/4 cup	200	3.5	2.5	20
Vanilla Yogurt	3/4 cup	200	3.5	2.5	20
Coconut Yogurt	3/4 cup	90	6	5	0
Plain Greek Yogurt	2/3 cup	130	8	5	25
Chia Seed Pudding	1/2 cup	237	16.8	8.9	0
Oatmeal	1/2 cup	83	1.8	0.4	0
Honey	1 Tbsp	60	0	0	0
Almond Butter	2 Tbsp	190	17	1.5	0
Cream Cheese	1 oz	80	7	4.5	20
Strawberry Jam	1 Tbsp	50	0	0	0
Almonds	2 Tbsp	90	7.5	0.5	0
Granola	1/4 cup	87	3	0.3	0
Banana	1 banana	105	0	0	0
Hard Boiled Eggs	1 egg	78	5	1.6	187
Apple Danish	1 danish	430	22	13	65
Berry Danish	1 danish	400	21	12	55
Cheese Danish	1 danish	470	28	17	80
Cherry Danish	1 danish	440	22	13	65
Chocolate Croissant Mini	1 mini croissant	290	17	10	45
Regular Croissant	1 croissant	370	24	14	75
Cranberry Orange Scone	1 mini scone	230	11	6	10

Blueberry Muffin	1 muffin	430	11	2.5	45
Banana Nut Muffin	1 muffin	440	16	3	50
Chocolate Chip Muffin	1 muffin	420	14	3.5	50
Cranberry Orange Mini Muffin	1 mini muffin	220	10	2	40
English Muffin	1 muffin	140	1	0	0
Bagel - Plain	1 bagel	240	0.5	0	0
Bagel - 8 Grain	1 bagel	250	3.5	0	0
Bagel - Sesame Seed	1 bagel	240	2.5	0	0
Bagel - Everything	1 bagel	260	5	0.5	0
Bagel - Cinnamon Raisin	1 bagel	230	1	0	0

Breakfast available at ICON & CUE only

SODIUM (MG)	TOTAL CARBS (G)	DIETARY FIBER (G)	SUGAR (G)	PROTEIN (G)	DIETARY PREFERENCES	CONTAINS
414	0.8	0.1	0.7	11.1	VEG	E
170	2	0	1	0	VEG, V	
240	2	0	1	0	VEG, V	
200	0	0	0	7	VEG	D
247	3.8	0.8	2.5	7.2	VEG	D, E
471	16	2	1	2	VEG, V	
310	4	1	0	6	VEG, V	S
185	0	0	0	5		
497	6.9	1.8	2.5	7.8	VEG, V	S
157	27.7	4.1	0.4	5.4	VEG, V	
135	32	0	31	9	VEG	D
135	32	0	31	9	VEG	D
35	9	2	1	0	VEG, V	
120	7	0	7	8	VEG	D
40	16.8	5.4	7.3	3.8	VEG, V	
5	14	2	0.3	3	VEG, V	
0	17	0	17	0	VEG	
65	7	3	2	7	VEG, V	TN
110	2	0	0	2	VEG	D
0	13	0	12	0		
0	2.5	2	0.5	3	VEG, V	TN
63	13	1	5	1		S, G
1	28	3	15	1	VEG, V	
62	1	0	1	6	VEG	E
380	51	1	26	5		S, D, G, E
310	47	1	24	5		S, D, G, E
370	45	0	22	6		S, D, G, E
340	52	1	28	6		S, D, G, E
260	30	1	14	4		S, D, G, E
440	31	1	5	6		S, D, G, E
230	30	0	16	3		S, D, G, E

S = soy

G = gluten

D = dairy

E = eggs

TN = tree nuts

PN = peanuts

SF = shellfish

PK - pork

F = fish

SE = sesame

VEG = vegetarian

V = vegan

 **= spicy**

200	30	0	15	3	S, D, G, E
230	31	0	18	4	S, D, G, E, TN
220	30	0	20	3	S, D, G, E
190	29	0	15	3	S, D, G, E
240	27	1	0	5	S, D, G
420	48	2	2	9	G
340	46	5	3	9	G
390	44	2	1	8	G
360	43	3	1	8	G
370	48	2	7	7	G